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Slippery snake invades bathtub on Whyte Ave.

ANIMALS Someone could have used Samuel L. Jackson's help in an apartment building along Whyte Avenue Sunday night.

Animal bylaw officers say a woman was awakened in her suite near 111 Street by a loud crash as if something fell in her bathroom.

And like in the movie *Snakes on a Plane*, the woman got up and discovered a large, slithery reptile in her bathtub, says the city's animal control.

The woman called the building's security, who quickly dialed for the police and animal control.

The metre-long snake remains at the animal shelter, and investigators are trying to figure out where it came from.

METRO EDMONTON

Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

• Entertainment
How musicians and labels are experiencing a music meltdown, pg 13

• Tomorrow
Entertainment – The effect the economy is having on venues and touring acts.
• Thursday
Food – Tips for brown-bagging lunches and a few local meals for a steal.

Dance

Jumping for joy over 50th



Members of the Ukrainian Shumka Dancers perform a preview yesterday of their upcoming 50th anniversary concert, which will take place Thursday evening at the Jubilee.

Alberta's 10-year plan

Homelessness strategy features ready shelter and support

VICTORIA HANDSIDES
victoria.handysides@metronews.ca

Pulling displaced Albertans from back alleys, shelters and our river valley has become a decade-long commitment by the provincial government, as set-in-stone plans for the homeless epidemic were announced yesterday.

Currently, the cost of just "managing" homeless issues would reach about \$6.65 billion over the next 10 years, but the new plan should save taxpayers more than \$3 billion, the report says.

Liberal housing critic

Dave Taylor supports the province's plan and said he feels a sense of vindication.

"In theory this is a really good plan," Taylor said. "Now we wait for April 7 to see if the money is there in the budget to actually make this happen. That's really the day the other shoe drops."

Securing four walls and a roof within two to three weeks for homeless seeking aid, saving people from eviction, and linking proper support workers to clients are three key components of the plan.

The provincial tactics align with the ongoing 10-year commitment forged by the city last year — dubbed

Mayor Stephen Mandel's \$1-billion "legacy" project.

Municipal plans include 1,000 units of supportive housing for homeless people with severe needs and 1,650 new housing units.

The Hope Mission, a charitable organization providing more than 80 per cent of Edmonton's shelter services, has begun a "rapid exit" housing pilot project, which could receive provincial backing through the plan.

"The prospect of filling out a rental application is very daunting to them because they've been away from structure for so long," said spokesperson Peter Gerber.

Problem rising

• Since 2000, the number of homeless people in Edmonton has increased by 125 per cent.

With government funding, the first month's rent, damage deposit, furniture, and weekly visits from case workers are made possible. Since the pilot project launched in the fall, the mission has placed more than 100 people in permanent housing situations.

"We're not giving them housing and leaving them alone — it's a holistic approach," Gerber said.

Alberta man believed dead in helicopter crash mourned

VICTORIA HANDSIDES
victoria.handysides@metronews.ca

His body has yet to be pulled from the icy waters off the coast of Newfoundland, but Ken MacRae's co-workers are penning the final chapters of his life story.

The 47-year-old Fort Saskatchewan man is presumed dead, after a Sikorsky S-92 chopper carrying 18 people plunged into the Atlantic Ocean last Thursday.

"It's been a hard couple of days for all of us," said family spokesperson and MacRae's former boss Ron Gulliver, who travelled to Newfoundland one day after the crash.

MacRae worked as a lead technician at an Edmonton-based company, FGG Inspections.

His co-workers have been piecing together his biography, which will be released after his body is recovered.

"The hope is, right now, that we recover his body and bring it home," Gulliver said. "He was one of our best friends."

MacRae hopped on the copter bound for offshore oil platforms to conduct eddy-current inspections.

The helicopter crashed 55 kilometres off the coast of Newfoundland, after reporting technical malfunctions.

The sole survivor, Robert Decker, is recovering in a St. John's hospital.

Investigators have determined that the helicopter is currently 178 metres underwater

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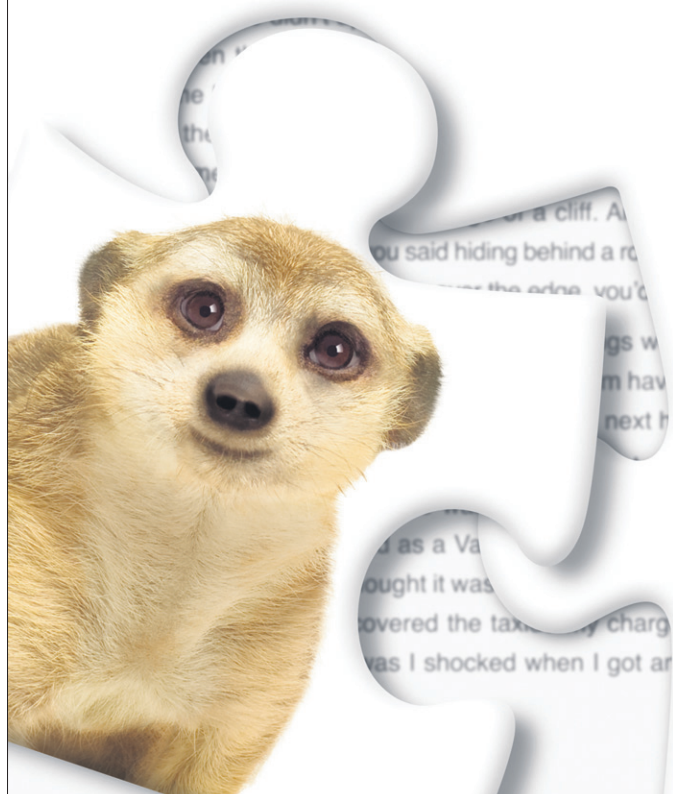


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New way to calculate child support

New changes to child-support calculation will reassess parents' incomes each year and base payment amounts on changes, without forcing parents to enter courtrooms. The new plan is aimed at saving time, money and emotional strain. **METRO EDMONTON**

Local



So can you really dance?

Cross-country auditions for the wildly popular show *So You Think You Can Dance Canada* begin on April 4 in Vancouver. Judges will make a stop in Edmonton on April 7 and watch hopefuls pull out their best show-stopping moves at the Winspear Centre (4 Sir Winston Churchill Square). Last year's winner, Montreal native Nico Archambault, left, took home \$100,000 from the intense competition. **METRO EDMONTON**

Ankle bracelet put on Pocklington

BAIL The former owner of the Edmonton Oilers has been fitted with an ankle bracelet so police and federal agents can track down his whereabouts, reports CTV News Edmonton.

The 67-year-old is accused of bankruptcy fraud and he was released on a \$1-million bail last week that was posted by former Oilers GM Glen Sather.

METRO EDMONTON

News in brief

COURTS A man who admittedly molested more than 50 young boys has been slapped with dangerous-offender status. Christopher Karasek, 33, was found by a provincial court judge to pose a high risk to the public, as there are no treatment programs available for him in the community. He was handed an indefinite sentence.

METRO EDMONTON

metronews.ca

What's online today.

Read Mourners crowd a small town church for the first funeral held for Newfoundland chopper-crash victims at metronews.ca/canada

Watch Hollywood Rants brings news of the MacGyver movie we were all waiting for and Kenya Hunt spots "reality-based" fashion in Paris.



Animal euthanization debated

Councillors looking for ways to reduce numbers of pets killed

JEFF CUMMINGS
jeff.cummings@metronews.ca

Edmonton's animal control shouldn't stop killing pets, but the number of euthanized animals in Alberta's capital must be in line with figures seen in Calgary, say some councillors.

Roughly 145 cats and 274

dogs were euthanized in Calgary's animal shelter in 2008, while Edmonton's shelter euthanized 2,106 cats and 278 dogs, according to figures from the city.

"I would like to see us euthanizing as little as we can," Coun. Kim Krushell said.

Under the city's current policy, all animals at the city's shelter are available

for adoption, but animals too unhealthy or those that have "large behavioural problems" are often slated to be euthanized, said David Aitkin with the city's complaints and investigations section.

"Thirty-three per cent of cats that come into our facility have to be eutha-

nized — that's a tremendously large amount," Aitkin said.

Coun. Ron Hayter said the figures from Calgary are "quite deceiving" since many pet owners drive outside of the city to abandon their animals, rather than surrendering them to an animal

shelter.

With a lack of communities on the outer fringes of Calgary, compared to Edmonton, pet owners have opportunities to abandon their animals there, he said.

The city has asked administration to find out what the implications are of reducing pet euthanization in Edmonton.



Mini-sized dino bone identified

JEFF CUMMINGS
jeff.cummings@metronews.ca

SCIENCE A renowned Alberta paleontologist and a colleague have unlocked a 20-year mystery surrounding a mini-sized meat-eating dinosaur that roamed the province thousands of years ago.

University of Alberta paleontologist Phil Currie and a helper successfully identified a small bone fragment last week, 27 years after it was dug up from Alberta's Dinosaur Provincial Park.

After years of research, paleontologists identified the fragment from the *Hesperonychus* — a member of the raptor family that is a bit bigger than a chicken and partially covered with feathers.

But identifying such an animal in Alberta is challenging, said Currie, since



University of Alberta biologist Phil Currie sits in his U of A office yesterday afternoon. Pictured on the computer screen is the smallest North American dinosaur ever found.

its tiny bones don't hold up well for preservation and sometimes the fragments can be mistaken for a small lizard's.

"You always think a dinosaur is going to be big, even though there are small dinosaurs out there,"

Currie said. "You don't look at small ones necessarily as being dinosaurs."

Researchers were able to compare the fragment to a number of raptor fossils that were found in China to successfully identify the small dinosaur.

Everyone is Irish today

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

ST. PATRICK'S DAY Gallons of frosty emerald beer will flow from taps at pubs across the city today, and those hoping to get a seat should arrive early, staff predict.

"It's everyone's excuse to become Irish for one day," Ceili's Pub manager Grant Sanderson said yesterday.

"It's become a ridiculous day where people will take the day off work and build a four-day weekend."

Ceili's and O'Byrne's — two local Irish hot spots — will be serving traditional fare from 10 a.m. onward to the soundtrack of Celtic bands and DJs.

"I get a great sense of pride being Irish here — people go all out," said O'Byrne's manager Patrick Kelly.

RCMP searching for two men

WARRANTS Mounties in Red Deer are looking for two men who each have outstanding warrants for their arrest.

Terrance Ferguson, 26, has two warrants for his arrest for two alleged crimes that include a sexual assault. Ferguson is described as a five-foot-eight

white male with brown hair and blue eyes, and he weighs roughly 135 pounds.

Police are also looking for Jason Goossen, 32, for a number of charges. He is described as a white, five-foot-11, 210-pound male with blond hair and blue eyes. **METRO EDMONTON**

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A fish that made a stir last year with an apparent mutation that critics of Alberta's oilsands industry blamed on pollution was not mutated at all, a scientist said yesterday. The goldeye had a stiffened tongue, not two jaws, as was first suspected. **REUTERS**

Canada

Conservatives relax green rules for stimulus projects

The federal government has given itself the power to decide whether infrastructure projects aimed at stimulating the economy are subject to environmental assessment, a top minister said yesterday.

The move is aimed at streamlining approvals for \$12 billion of public spending being planned to kick-start the country's flagging economy, Environment Minister Jim Prentice said.

"The bosses in Ottawa can't get it right all on their own." Stephen Hazell, Sierra Club

The policy comes into force immediately.

Prentice said decisions on which projects avoid vetting by the Canadian Environmental Assessment Agency will not be based on size or value.

"It's more a question of, based on the considerable experience we now have in

close to 10 years of applying CEEA legislation, whether there are classes or categories of projects which do not ... have adverse environmental consequences," Prentice told reporters after giving a speech to a business audience in Calgary.

The federal cabinet will make those calls, he said.

Stephen Hazell, executive director of the environmental group Sierra Club Canada, said he did not necessarily disagree that some projects with little likely impact could be fast-tracked, but he criticized the lack of consultation invoking the regulation.

"The bosses in Ottawa can't get it right all on their own, and this is what's most disturbing to me," Hazell said. **REUTERS**

Toronto **Tamil protest**



Tamil demonstrator Surendran Mahendran protests against the political turmoil in Sri Lanka yesterday on a downtown street in Toronto. The protest was expected to draw tens of thousands of people. The Ontario capital is home to roughly 250,000 Tamils, the largest population outside of Sri Lanka.

Halifax bus driver suspended for clubbing toy seal

PAUL MCLEOD
Metro Canada

DISCIPLINE A Halifax bus driver has been relieved of his duties pending an investigation after running out of his bus Saturday afternoon to club a fake baby seal in front of stunned protesters.

Metro Transit general manager Pat Soanes held a press conference yesterday in Halifax and called the incident "unacceptable" and said the man is no longer allowed to operate a bus. He will be on paid leave until his final punishment is determined.

According to a passenger on the bus, the driver had been joking about how bus drivers were getting a bad rap recently. Moments later he drove by a seal-hunt protest.

The witness said the driver stopped the bus, ran across the street and began clubbing a fake baby seal with a baton as baffled protesters looked on. The driver then returned to the bus and continued his route.

News in brief

CALGARY Former U.S. president George W. Bush is set to make his first paid speech since leaving office today in Calgary, and protesters plan to greet him by throwing roughly 250 pairs of shoes at a large poster of him.

LISTERIOSIS The Public Health Agency of Canada says a Quebec man recently died of listeriosis, bringing the total number of deaths from the August 2008 outbreak to 21. The man got sick last November and died in January.

AVALANCHE Two women were buried yesterday near Lake Louise in an avalanche that happened around noon in a backcountry area of the Sheol Valley, said Mark Merchant, a Parks Canada spokesperson.

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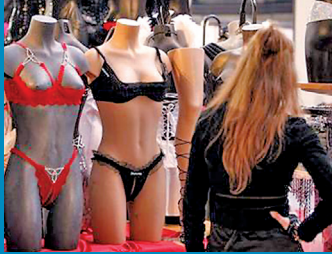
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Free funeral idea dies after media frenzy

A New York funeral director hoping to barter a free funeral for construction work on his patio was forced to scrap the idea due to the media frenzy that followed. Peter Dohanich, 51, posted an ad for the exchange on the online classified site Craigslist last week. **REUTERS**

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World



Sex toy sales flaccid: Vendors

Sales in the French erotic industry have fallen as the global economic crisis has driven consumers to reduce their spending on sex toys, massage oils and other kinky products, sector specialists say. At Big Eropolis, an erotic fair near Paris, attendance was healthy but stall owners said customers were not spending as much as in previous years.

REUTERS

Iran Remembering war



Iranian women stand next to an anti-aircraft gun during their visit to a war memorial site near the Iraqi border, southwest of Tehran in Khoozestan province yesterday. Iranians visit the main battlegrounds during the last week of the Iranian calendar to remember martyrs who died in the Iran-Iraq war.

Man admits incest, rape

An Austrian man who fathered seven children with a daughter he held in a cellar for 24 years pleaded guilty to incest yesterday but denied murdering their newborn son and enslaving her.

Wearing a mismatched grey suit, Josef Fritzl, 73, entered court in St. Poelten, near Vienna, flanked by six policemen and concealing his face behind a

blue loose-leaf binder.

He later lowered the folder and with his back to the gallery spoke softly, sometimes mumbling, in response to questions about personal details and his plea. Fritzl looked straight ahead or at his lawyer, not at the jury or prosecutor.

Prosecutors accused Fritzl of raping his daughter in front of captive children.

Prison time

- If convicted of murder, Fritzl could receive a life sentence or up to 15 years in prison.
- Defence lawyer Rudolf Mayer said Fritzl expected to spend the rest of his life locked up.

They said Fritzl, who faces life in prison if convicted,

was responsible for the death of a twin who died shortly after being born in the cellar in 1996.

They said this was murder by neglect because Fritzl failed to seek help for the baby, whose body he burnt in a furnace.

Fritzl pleaded "partially" guilty to rape and said he was guilty of depriving the kids, who were kept underground, of liberty. **REUTERS**

Charges possible for gunman's father

GERMANY Prosecutors may charge the father of a German teenager who went on a killing rampage last week with involuntary manslaughter for leaving the murder weapon unlocked in his bedroom despite knowing his son was depressed.

Seventeen-year-old Tim Kretschmer used his father's Beretta pistol to kill 12 students and teachers at his former school and three other people last Wednesday, before shooting himself dead when he was cornered by police.

Prosecutors in Stuttgart said yesterday they had launched an investigation

Gun collector

- Gunman Tim Kretschmer's father, a member of a shooting club, had 15 guns at home. Fourteen of those were locked in a gun closet as required by law but police have said the Beretta was left unlocked in the father's bedroom.

into the father's role in the crime after establishing that he was probably aware of his son's fragile mental state. Police have added that Kretschmer was treated for depression.

REUTERS

News in brief

ELECTION El Salvador's president-elect Mauricio Funes said he wants strong relations with Washington after his party of ex-Marxist guerrillas ousted their right-wing civil war foes in a tight election victory.

BAILOUT U.S. President Barack Obama told Treasury Secretary Timothy Geithner to take all legal measures to block bonuses for employees of AIG, which received up to \$180 billion US in bailout money, a White House adviser said.

CYBERCRIME A Nigerian undergraduate has been sentenced to 19 years in prison for obtaining \$47,000 US from a woman by convincing her over the Internet that he was in love with her.

COURTS U.S. prosecutors want swindler Bernard Madoff and his wife, Ruth, to forfeit more than \$100 million US worth of homes, cars, boats, securities, silverware and a piano following his March 12 guilty plea, according to court papers.

INVESTIGATION Prosecutors in Russia have ordered a new investigation into how a journalist was shot in the head and killed while in police custody, a lawyer said yesterday.

COUP Troops took control of a presidential palace in Madagascar's capital Antananarivo yesterday after they joined opposition leader Andry Rajoelina in his power struggle with President Marc Ravalomanana. **REUTERS**

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Comment

Tories helping media shift

NationalReport

Lawrence Martin

metronews.ca/nationalreport

It's CBC bashing time again. The government, while doling out cash to every interest group imaginable, is cutting back on funding for the public broadcaster. Our media, which is largely conservative, is bashing the CBC for being biased, while ignoring their own bias. Online posters are berating the public network for being either too low-brow or too highbrow or too Toronto. Many would like to see it killed off.

Meanwhile, the other networks, the private ones, aren't doing too well either. CanWest Global, from which a lot of the criticism of the CBC emanates, is

staggering under a mammoth debt load. It will be lucky to survive. CTV has been posting huge losses.

In these woeful media times we have three wobbly networks. Critics can find myriad faults at each. They can find political bias, they can find pitiful programming, they can find no shortage of dumb management decisions.

But being the public enterprise, the CBC gets the wrath and what is dismaying, as one online poster put it, is that so many "would advocate the demise of the CBC and see Canada become a third-rate American satellite when it comes to entertainment, culture and identity."

The private commercial

networks, by definition, cater to base tastes. They'll put out whatever schlock attracts audiences and advertisers. Public broadcasters, which, in most countries, get far more government dollars than the CBC, are needed for obvious reasons — a counterweight to dumbing down being one of them.

Much criticism of the CBC is justified, including its importation of American programming. But a political agenda figures behind many of the attacks as well.

The right, notwithstanding the drubbing its ideology has taken in recent times, has gained the upper hand in the Canadian media. The two large

newspaper chains, CanWest and the Sun chain, are conservative. One national newspaper, The Globe and Mail, is centrist, while the other, The National Post, is conservative. The national magazine, Maclean's, is run by a conservative. CTV and Global are hardly liberal. AM radio tends to be dominated by right-wing talk jocks.

The Canadian political culture is of the moderate centre, traditionally a bit centre-left. But the media culture has moved to the right of the political culture. Conservatives want to move it further in that direction. To diminish the weight of the CBC and gain even more media influence is in their interests. Whether it is in the interests of the country is another story.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

RIGHT TURN ONLY



U.S. TAXPAYERS, AS SEEN BY INSURANCE GIANT AIG

Quote of the Day

"How do they justify this outrage to the taxpayers who are keeping the company afloat? ... (we will) pursue every legal avenue to block these bonuses."

— U.S. President Barack Obama, who instructed Treasury Secretary Timothy Geithner to block the \$165 million US in bonuses insurance giant American International Group granted its executives with bailout money.

REUTERS

Views

Business writing lacks vital nutrients

InBusiness

Charles Davies

Warren Buffett may not be God, but he's about the closest thing we have to an economic Moses, and if he starts throwing tablets around, people pay attention.

So when he happened to mention in a recent interview that the economy had "fallen off a cliff" all hell broke loose in the stock market. That his remarks coincided with a World Bank report predicting a global contraction only abetted the heavy selling.

A Bloomberg news article that reported Buffett's remarks threw in other ex-

perts' comments about "very volatile markets" and the fact that "uncertainty reigns."

A companion piece quoted University of California, Berkeley economics professor Barry Eichengreen saying that "we are tracking 1929-30," while Moody's chief economist Mark Zandi noted, "This (economy) is going to scar the collective psyche." Kind of makes you want to look out the window to catch an apocalyptic dust storm.

These are parlous times, and even Buffett has fallen prey to business journalism's increasing sensationalism and its regular failure to provide sufficient context.

For every thoughtful voice like The New Yorker's James Surowiecki, there are multiple blusterers like CNBC's Jim Cramer, who generate

more noise than intelligent content. Like the markets and industries it covers, the business press has become evermore focused on the short rather than the long term. Too many journalists covering business stories lack sufficient expertise. And whatever the medium, the messenger too often fails to ask the right questions, skims the surface of events, and presents information mainly for dramatic effect. The headline from a late-February Globe and Mail interview with historian Niall Ferguson about his dismal financial predictions captures the style: "There will be blood."

Well, business news, like any other form, is supposed to be punchy and gripping, otherwise who would care? But these days, consumers of information really need depth and per-

spective. To get it, they need to consult as many sources as possible, and preferably those with an established record of informed comment. I'm talking the likes of The Economist or The Financial Times as opposed to a business blog. And by all means, read stories all the way through. Several paragraphs after noting the economy was over the edge, Buffett also observed that financial institutions shouldn't be so highly leveraged in the future, that Americans should wean themselves off excessive debt, and that, yes, there will be a recovery, likely with inflationary consequences. Reasonable conclusions all.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

Worth Mentioning

Want to own a village?

An entire English village, complete with 22 houses and cottages, two blacksmiths and a cricket pitch, goes on sale this week.

The charitable trust which owns Linkenholt in Hampshire, southern England, has decided to sell up and use the capital it raises elsewhere.

The asking price when Linkenholt goes on the open market today is \$31-

35 million, according to Jackson-Stops & Staff estate agents who are handling the sale.

The archetypal English village is nestled in rolling countryside and boasts a manor house, old rectory and clock tower and is part of a 2,000-acre estate.

Locals, who rent their properties, are expected to stay on after the sale.

REUTERS

Metro Online Poll Results

33% SAID YES

Would you carry a driver's licence that included a radio chip?

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67% SAID NO

It's your turn to tell others what you think. Email your thoughts and opinions to: edmontonletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Rogers to name Mohamed next CEO: Report

Rogers Communications Inc. has decided to name Nadir Mohamed chief executive officer, the Globe and Mail reported. **REUTERS**

7

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Home resales rise, while prices drop

FEBRUARY Sales of existing homes in Canada rose in February from January, the first month-on-month rise since September, but prices dropped sharply, the Canadian Real Estate Association said yesterday.

Nationally, 28,669 homes were sold in February, up 8.6 per cent from the month before on a seasonally adjusted basis.

But the average home price fell 9.2 per cent to \$281,972 from \$310,379 a year earlier.

On a year-over-year basis, sales were down 31 per cent in February. That was the smallest year-over-year decline since October, the association said.

CREA said historically low mortgage rates and improved affordability helped create interest last month, though supply remains high. **REUTERS**

In brief

ENERGY Enbridge Inc. said yesterday it has agreed to sell its stake in a Colombian oil pipeline to Ecopetrol for \$400 million US, raising cash to fund a big expansion of its North American pipeline network.

MARKETS Optimism over some stability in banking shares lifted stocks around the world for a fifth straight session yesterday, and took the wind out of a safety bid that had been driving gold, bonds and the dollar. The euro hit a five-week high against the U.S. currency, while gold slipped more than one per cent. **REUTERS**

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Data shows downturn

Manufacturing slows while household wealth falls 4.4%

Canadian industries ran at a slower rate than predicted and household wealth suffered its biggest drop on record in the last quarter of 2008, according to the latest in a string of data showing the depth of the economy's downturn.

The capacity utilization rate — the ratio of an industry's actual output to its potential output — hit a low of 74.7 per cent in the last quarter, pulled down by weak domestic and foreign demand for manufactured goods, Statistics Canada said yesterday.

Separately yesterday, StatsCan said Canadian net household worth dropped by a record 4.4 per cent to \$165,300 in the fourth quarter of 2008, pushed down by the sharp decline

"Our net worth is not shrinking as fast as the U.S. net worth ... but it means less wealth this year for Canadians."

Sal Guatieri, economist in stock market prices.

It was also noted that the decline was not as severe as in the United States, where household net worth fell by nine per cent.

"Our net worth is not shrinking as fast as the U.S. net worth ... but it means less wealth this year for Canadians," said Sal Guatieri, senior economist at BMO Capital Markets. **REUTERS**

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8 business

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Robert Kiyosaki will not attend this workshop.

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



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Spring clean messy bills

SmartCookies



Three-quarters of Canadians aged 18 to 29 review their banking or other financial statements monthly, according to a recent survey put out by the Financial Consumer Agency of Canada.

Those who do not review their statements each month gave a number of reasons why — among them the fact that they were just “too lazy.”

Laziness and lack of inter-

est when it comes to your bills could be costing you hundreds, if not thousands, of dollars every year.

Make it a must to look at every monthly bill, whether paper or electronic, even you just have a quick scan.

After doing this in the early days of our money group, one of the Smart Cookies realized she was paying a monthly fee for what was essentially credit card insurance. You too might have been sold on this type of insurance when you first received your card.

This type of insurance is designed to protect you from outstanding credit card debt in the event of job loss, disability, critical illness or death.

Now, some people may certainly benefit from this type of insurance. Our Cookie, however, certainly did not.

What's worse, she realized that over the years she had actually paid out just under \$2,000 for this service. Had she not scrutinized her bills, she would still be giving this money away every month.

Phone bills are also notorious for having mistakes. Whether it's double charging for text messaging, charging for services that should be free, or calls you didn't make, a once-over will usually result in your finding an extra charge. And yes, you might look

On the web



Money Matters:

• Henry Choo Chong advises readers about eligible expenses for tax deductions when moving residences. To read the column, visit metronews.ca/moneymatters

Investing:

• Allan Small investigates when this bear market will turn into a bull market. To read the column, visit metronews.ca/investing

and say it's only a few dollars here and there, but all those little charges add up.

Customer service reps aren't going to call to tell you you're paying too much, but they will usually be helpful if you make the call and ask the questions.

Almost everyone has online banking these days. It's a quick and easy way to review your bills. And for the bills that come in to you through mail, it's important to have a designated spot for these documents.

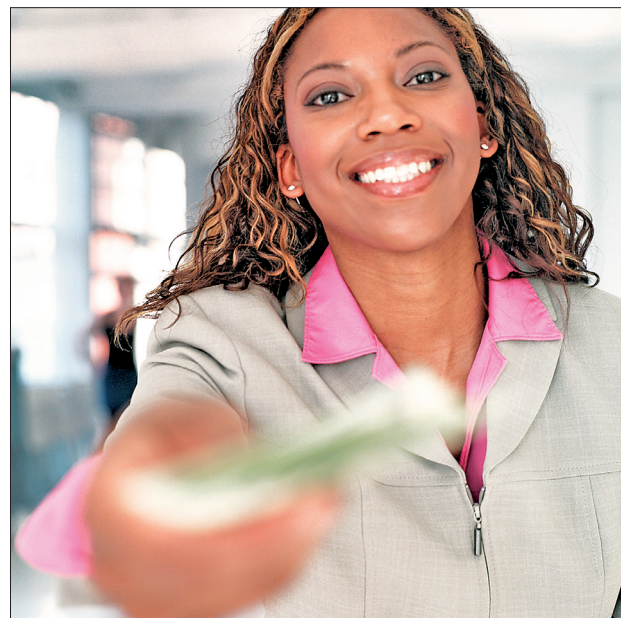
Pre-money group, one of the Smart Cookies kept her bills in the microwave — seriously.

Now, she has a little tote box with her own filing system to store all of her bills and financial documents. It's so easy to set up and saves her time and money.

However, try not to stuff away bills that you are going to get to in the future. Often the only time you'll remember you did this was when you receive the overdue notice in the mail!

Visit the forum at smartcookies.com for more on creative ways to cut your bills. Questions for the Smart Cookies can be emailed to smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.



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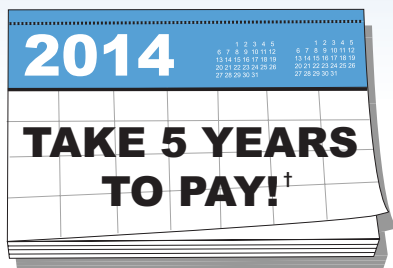
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Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

Big East headlines March Madness

NCAA The Big East conference dominated the top seeds for the NCAA Tournament, garnering three of the possible four spots as Louisville, Pittsburgh and Connecticut, along with North Carolina, were installed as the top seeds for the 2009 event.

Louisville (28-5), the reigning Big East regular-season and tourney champions, is on a 10-game winning streak. The Cardinals were selected as the overall No. 1 seed in the tournament and will play out of the Midwest Region.

The tournament begins with a play-in game tonight and the remaining 64 teams start Thursday.

METRO NEWS SERVICES

For a printable NCAA March Madness bracket, visit metronews.ca/sports



Campbell gets the kids going

RAF BRUSILOV
for Metro Canada

Olympic gold-medalist and celebrated hockey personality Cassie Campbell wants to make sure the next generation of kids gets the same opportunities to play sports she did.

The big-hearted star, famous for captaining the Canadian women's hockey team to gold-medal wins in the 2002 and 2006 Winter Olympics, was in Toronto recently to raise money for organized sports programs for kids.

Campbell hit the ice with kids, including the girls' hockey team from a local school, to conduct a hockey-skills clinic and kick off fundraising for

Canadian Tire JumpStart, a program that raises money to allow kids in financial need an opportunity to participate in organized sports.

For Campbell, giving kids an equal opportunity to excel in sports is something she strongly believes in.

"This program is exciting for me on a personal level. I can't imagine not having been able to play sports growing up and it's a shame for a child to not have that chance," Campbell said.

At the fundraiser event, kids shared the ice with Campbell to practice their stick-handling and skating skills, and Campbell later signed autographs for everyone.

Dan Thompson, presi-



Ten-year-old Michael Wood takes a shot as Cassie Campbell looks on in Toronto.

dent of the Canadian Tire Foundation for Families, which created the program, says the ultimate goal of JumpStart is to use sports like hockey to teach

kids how to be successful in life while staying healthy.

"Physical activity should be a staple for every young child. With team sports,

kids learn how to work together as a basis for life skills — that's the real value of the program," Thompson said.

Karyn Percival-Berry, a brand leader at Energizer, which helps sponsor the program, says the company got involved because too many kids have to miss out on sports due to financial reasons.

"We want to allow kids to have an opportunity they may not have been able to have otherwise," Percival said.

Seeing more girls hit the ice is rewarding for Campbell.

"When I was starting out, we didn't have high-school programs for girls. Now the sport has just grown so much. It's exciting," she said.

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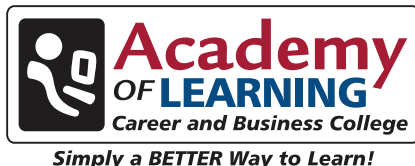
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11

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Soluble: Your other fibre friend

Those who struggle with genetically high cholesterol need both types

JANINE FALCON
for Metro Canada



Brenda Strong is a long-time vegetarian and yoga instructor (an actress too — she is Mary-Alice Young on Desperate Housewives). Given her healthy lifestyle, Strong was shocked when a checkup revealed elevated cholesterol levels.

“My doctor told me to cut out red meat and start exercising, but I was already on top of all that,” she says.

Turns out a fibre supplement was the solution to Strong’s health dilemma. In 30 days of regular use, her cholesterol readings dropped significantly. But why? Because the supplement is a source of psyllium, a soluble fibre.

Yup. Soluble. A survey by Metamucil and Ipsos Reid suggests that 96 per cent of Canadians



“My doctor told me to cut out red meat and start exercising, but I was already on top of all that.”

Brenda Strong, actress, vegetarian and yoga instructor

know that fibre is part of a healthy diet — but only 49 per cent know exactly what and how much fibre they need. Most people think they need bran and maybe some broccoli. Few, however, including those like Strong who struggle with genetically high cholesterol, know we need two types of fibre: insoluble and soluble.

“Insoluble is

bulk or roughage. Largely indigestible, it ushers food through the intestinal tract efficiently and quickly,” says Jennifer Grochocinski, a doctor of naturopathic medicine at Continuum Wellness in Toronto, Ont. “Soluble fibre has all the blood-sugar and cholesterol-lowering properties,” she says. “Combined with water it forms a gel, which helps slow digestion, so you feel fuller longer, and gives your system time to absorb nutrients.”

Soluble fibre ferments, which promotes the growth of healthy bacteria that further improves digestion. “Fermentation also produces short-chain

fatty acids which the intestine cells absorb to keep them healthy,” explains Grochocinski. “It helps lower cholesterol in two ways: 1) It grabs cholesterol that is released into your digestive tract with your bile and helps to transport it from your body through your bowel movements, and 2) one of the short chain fatty acids produced from the fermentation tells the liver to decrease the amount of cholesterol it produces.”

Simply put, soluble fibre does all the complex work; insoluble fibre keeps things moving along efficiently. “Insoluble fibre prevents waste and toxins from sitting in your system too long,” adds Grochocinski. “You don’t want the body to absorb that stuff.”

We find insoluble fibre in whole grains, cereals, veg-

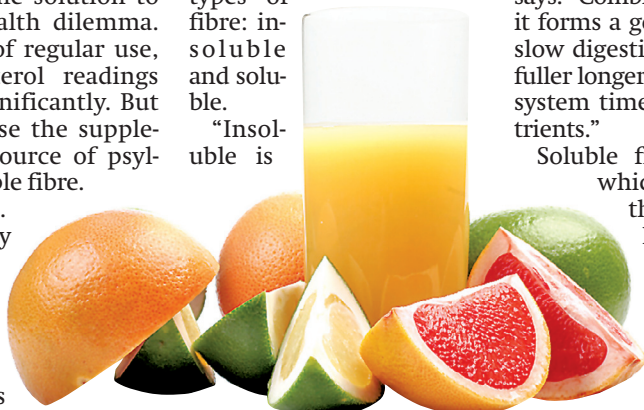
etables and the skin of certain fruit. We can get soluble in strawberries, apples, citrus fruit,

Insoluble fibre can be found in whole grains, cereals, vegetables and the skins of certain fruit; while soluble fibre comes from strawberries, citrus fruit, apples, legumes, flax, oats, barley and beans. Together, the two fibres can prevent high cholesterol.

Supplements

• Do we need fibre supplements such as Metamucil or Benefiber? “If you’re dealing with a medical condition, you need something with a therapeutic dosage higher than you can get through a good diet,” says Jennifer Grochocinski, a doctor of naturopathic medicine at Continuum Wellness in Toronto, Ont. “But most of the time, I just have patients add a tablespoon or two of freshly ground flax seed to their diet — cheap and effective.”

JANINE FALCON/
FOR METRO CANADA



Joe Fresh brand launches beauty line

COSMETICS Staying true to its philosophy of offering cheap and chic, the Joe Fresh brand launched its own cosmetics line, aptly named Joe Fresh Beauty, this month.

The inaugural collection features several key makeup products, including cream foundation, pressed powder, cheek tint, fine tip liquid eyeliner, mascara, brow pencils, lipstick, moisturizing lip tints and more; all ranging in price from \$4 to \$8.

In total, the collection offers more than 60 shades for lips and eyes, including an array of neutrals and other colours suitable for women of all ages and ethnicities.

To accompany the new cosmetics, Joe Fresh Beauty also offers brushes and other accessories such as



Joe Fresh Beauty products: cheek tint (left), \$4, and eye shadow singles (above), \$4 each.

emery boards, blotting papers, compact mirrors and manicure/tweezer kits for between \$2 and \$16.

“The approach we’ve used with the fashion col-

lection translates beautifully to cosmetics,” Joe Mimran, creative director for Joe Fresh Style, said in a recent statement. “We want to dress our customers from head to toe and that includes makeup. For us, it’s always about value, style and quality.”

Joe Fresh Beauty products are available in more than 250 Real Canadian Superstores across Canada. Find a location near you by visiting joe.ca. **METRO NEWS CANADA**



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March is Rosacea Awareness Month

SKIN March is Rosacea Awareness Month, a time to correct the myths on the skin condition that affects more than seven per cent of Canadians.

Primarily affecting the face, rosacea usually begins as a redness or blush on the cheeks, forehead, chin and/or nose, and affects both men and

women. Though there is no known cause of rosacea, it can be effectively managed with medical treatment, proper skin care and lifestyle changes.

For information on treatment of rosacea, visit rosaceainfo.com.

(Source: skinpatientalliance.ca and rosaceainfo.com)

METRO NEWS SERVICE

Periods: Out of the closet

The J Spot

Josey Vogels

metronews.ca/thejspot

Every woman I know has her "first-period" story. I remember coming home from school the day I got mine. I was a bit of a tomboy and everyone in our "group" expected me to get it last. My best friend Kelli got it first, no surprise, she already had boobs and hips in grade seven. I told my Mom after supper, while doing the dishes. "Guess what happened to me today," I said, brimming with the excitement of proof that I really was a girl after all. "I got my period!"

"I don't get mine, anymore." After her eighth kid (me) her doctor had insisted on a hysterectomy. "You'll have to talk to your sister." "Oh," I replied, that sinking feeling creeping right down into my now apparently fertile loins; I suddenly didn't feel so smug about my staid underwear.

My sister handed me a super-monster-jumbo tampon and left the room. I managed to get it in about halfway and spent the night uncomfortably shifting my

butt around wondering what I'd been so excited about.

In the recently released *My Little Red Book*, 18-year-old editor Rachel Kauder Nalebuff compiles 92 short stories by women about their first period.

It's about time our "little friend," "Aunt Flo" or whatever favourite euphemistic name you were taught to give your period came out of the closet.

It's shocking really, that this thing that we put up

"It's about time our 'little friend,' 'Aunt Flo' or whatever favourite euphemistic name you were taught to give your period came out of the closet."

with once a month for more than half of our lives (seven days X 12 months X 40 years = a lot) is still so taboo.

We may have come a little way from the days of viewing menstruating women as unclean or ill and the belief that menstrual blood was dangerous, unlucky and dirty. But I don't know how many times my moods or reactions have

been written off because "it must be that time of the month" or how many times, when I'm really experiencing "that time of the month" in a bad way, I have been made to feel like I've got a convenient excuse.

I wish we'd learn to celebrate menarche, as some cultures do. A friend of mine's 10-year-old has decided she wants to have a "period party." She's already working on the guest list. I like that.

One last gripe. Who came up with the term "feminine protection" anyway? No doubt, the same people who come up with the brand names. Satin Touch? I mean, really, it makes having your period sound almost orgasmic. And the selection has become mind-

Why do many of us still consider menstruation taboo, asks our columnist.

boggling. Faced with a wall of wings, super-absorbency, day-time, night-time, heavy-flow, light-flow, unbleached, biodegradable, mini, maxi, super-maxi, super expensive "feminine protection," it's enough to make you want to cry. Then again, it could just be PMS.

(Note to readers: Last week, I wrote that *The Bachelor* Jason changed his mind six months after agreeing to marry Melissa. It was actually six weeks.)

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Customer Testimonial - I'd heard about Morning Rise & Shine from a friend who said it gave her that needed edge so I tried it and now it's a part of my morning ritual!
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ReCleanse® Herbal Cleanse is the gentle and effective, 7-Day Whole Body Detox that you can use as often as you like. Consisting of two parts, the multi-systems cleansing formula and the colon cleansing formula (in vegetable source capsules), ReCleanse® Herbal Cleanse can rejuvenate and restore the cleansing and detoxifying systems of the body, which deactivate, transform, filter and eliminate toxic substances. It does this by combining the benefits of over 25 cleansing herbs shown to enhance the natural cleansing ability of the kidneys, glands, liver, blood, digestive system and colon.

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Amaranth Whole Foods Mkt. (403) 547-6333	(403) 278-0080	Sunridge (403) 253-9633	Deer Foot (403) 730-8562	South Centre (403) 278-7315	Marlborough Mall (403) 248-1077	(403) 542-8155	(780) 481-0157
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	Morning Sun Health Glenmore Landing (403) 253-9633				Nurture Health & Wellness (403) 240-0119	Boost Your Health (780) 487-1240	

In brief

WEIGHT Carrying excess weight around the middle can impair lung function, adding to a long list of health problems associated with belly fat, French researchers said on Friday. Abdominal obesity is already linked with diabetes, high blood pressure and heart disease as part of a cluster of health problems known collectively as metabolic syndrome.

GERMS Mobile phones used by hospital healthcare workers are often contaminated with germs, including those that can cause illness in hospitalized patients, a Turkish research team reports. **REUTERS**

Twins for Sheen

Two and a Half Men star Charlie Sheen and wife Brooke Mueller Sheen welcomed twin boys Saturday night. The children, named Max and Bob, are the first for the couple, who married in May 2008. PEOPLE.COM

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Rescue Mission

Eonline.com is reporting that G.I. Joe star Channing Tatum may be rescuing pop star Rihanna in a new version of the Whitney Houston film The Bodyguard.

METRO NEWS SERVICES

Music meltdown

Artists, labels feeling pinch of recession

BRYAN BORZYKOWSKI
for Metro Canada

“I’m feeling this depression,” said Montreal and New York-based musician Martha Wainwright in December, before embarking on a Canadian tour.

“No one’s buying records anymore; we’ll have to go back to the life of a touring artist in the ’30s, where they’d sleep upright on a school bus and go from town to town.”

While Wainwright might be joking about the school bus, she’s dead serious about the pain the recession is causing her, and the entire music industry in general. CD sales have been dropping for years now — Canadian physical sales de-

clined 8.5 per cent in 2008 — but with more and more music fans tightening their belts, this economic downturn could spell the end of the traditional music industry as we know it.

“The recession will accelerate the demise of physical retail and it may increase peer-to-peer traffic,” says New York-based analyst Aram Sinnreich. “File sharing is for people who have more time than money.”

“Unfortunately, you’ll see a lot more economic decisions as opposed to artistic decisions,” adds Graham Stairs, vice-president of Toronto’s Finkelstein Management.

That means many bands will be left in the lurch as major labels choose to go after the sure economic

“You’ll see a lot more economic decisions as opposed to artistic decisions.”

Graham Stairs,
Finkelstein Management

bet. Stairs says one way the big labels will try to stay afloat is by reissuing albums and encouraging their already successful bands to stick to their tried and true formulas.

Another way the majors will attempt to get the most bang for their bucks is by signing artists to “360 deals,” a contract which gives the label a portion of CD and ticket sales, merchandise, and whatever else makes a band money.

“The legacy businesses



Musician Martha Wainwright is dead serious about the pain the recession is causing artists like her.

are going to have to reorganize around the new reality,” says Sinnreich. “They’ll focus on business-to-business models, converting legacy contracts to 360 deals coordinating between distribution, marketing, tech, and legal to a degree they haven’t in the past.”

Indie labels don’t have the resources to sign artists to multi-million deals, but what they do

Riding the Recession

have is an entrepreneurial spirit that’s key in any economic downturn. Stairs says many Canadian labels have had to be “mean and lean” in pre-recession days, so they’re already prepared to operate on a thin budget.

Sinnreich agrees that indies are well positioned to survive a recession. “They’re not stuck inside of a blockbuster economy, spending millions to make millions,” he says.

Still, indie bands and labels are suffering. Stairs says that he recently had a deal fall through for one of his artists after the U.S. label president told him, “I’m taking the deal off because of the economy.”

LEARN TO BE IRISH

St. Patrick's Day • Tuesday, March 17th

Moxie's Lounge • Adults Only

Visit LearnToBeIrish.com for your chance to win a trip to Ireland.

FD	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/17/09	2	CFRN	239 318	etalk	Hollywood	Law & Order: SVU		American Idol (HDTV) Finalists compete.				News (N)
	3	KHQ	- 370	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser (N)				Law/Ord SVU
	4	CBXT	- 307	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)		CBC News: The National		The Hour
	6	KREM	- 372	News (N)	Hollywood	The Doctors		NCIS "Knockout" (N)		The Mentalist (HDTV) (N)		Without Trace
	7	CKEM	241 347	Law & Order: SVU		Primetime: What Would		Privileged		Scrubs	Friends	Your City
	8	CITV	240 339	ET Canada	Entertainment	90210 (HDTV)		NCIS "Knockout" (N)		Project Runway Canada		News Hour
	11	OMNI	- -	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	12	CBXFT	119 705	Virginie (SC)	La Factice	Providence (N) (SC)		René - Le Destin d'un chef		Le Téléjournal et Les Nou		Le Galala
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Dancing With the Stars		Dancing With the Stars		Primetime: You
	16	KAYU	- 373	The Simpsons	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV) Finalists compete.				News (N)
	19	CHTV	- -	The Insider (N)	E! News	Dr. 90210 (N)		The Biggest Loser (N)				News (N)
	22	KSPS	- 374	NewsHour With Jim Lehrer	Smart Travels	Stevens Europe		Hope and Praise		Frank Patterson-America		Ireland: Roads
	24	WTVS	- 364	Hope-Praise	Alone in the Wilderness (DVS)			With Purpose: Going From Success to Significance				Soundtrack
	15	CBCN	502 -	CBC News: The National		Homo Toxicus		CBC News: The National		CBC News: The National		Homo Toxicus
	21	TWN	505 398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	27	CNN	500 500	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	54	CTVN	501 391	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	70	BNN	504 508	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	20	TSN	400 400	NHL Hockey		NHL Hockey Dallas Stars at Vancouver Canucks. (HDTV) (Live)						Billiards
	23	net	408 418	Baseball: World Classic		NHL Hockey St. Louis Blues at Edmonton Oilers. (HDTV) (Live)						Baseball
	47	SPEED	417 406	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!
	94	SCORE	410 403	College Basketball		Score Tonight		Hardcore Hockey Talk		Poker 888.com UK Open.		Final Score
	9	EDACC	267 351	Alberta Primetime (Live)		Without a Trace (N)		Smallville		Supernanny		Primetime
	14	YTV	552 543	March Break	March Break	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach
	17	TREE	553 546	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	42	TOON	555 545	Ben 10: Alien	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken
	45	FAM	557 541	Han. Montana	Sonny Chance	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	-	TVA	121 714	TVA 18 heures	Le Cercle (SC)	Les Gags	Star Académie:	La Fièvre de la danse (SC)		La Promesse (HDTV) (N) (SC)		TVA 22 heures
	18	CMT	575 583	Reba	Reba	Hope & Faith	Hope & Faith	Hollywood	Thinking	Home Improve.	Home Improve.	Reba
	25	A&E	615 520	The First 48 (HDTV)		The First 48 Cabdriver.		Manhunters	Manhunters	The First 48 (HDTV)		The First 48
	26	MMM	571 581	Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Listed		Party of Five		Gene Simmons
	29	FOOD	603 561	The F Word		Good Eats	Good Eats	Iron Chef America		Challenge		The F Word
	31	SHOW	617 522	Wife Swap		The Outer Limits		Mutant X		Testees	Trailer Park	The L Word
	32	DISC	520 505	Destroyed	Time Warp (N)	Combat School (N)		Daily Planet		Destroyed	Time Warp	Combat School
	33	SLICE	601 562	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	34	W	602 567	Style by Jury	Style by Jury	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	Good Naked
	35	TLC	521 560	18 Kids-Count	17 Kids-Count	Toddlers & Tiaras (N)		17 Kids-Count	17 Kids-Count	17 Kids-Count		Toddler-Tiara
	36	BRAVO	620 523	Celtic Tenors Live in Concert Irish trio.			Irish Music	Law & Order "Seer"		Without a Trace		Just a Little
	38	SPIKE	628 584	Ultimate Knockouts 4		DEA "Drug Dealing Deli" (N)		Real Vice	Real Vice	CSI: NY "A Man a Mile"		Disorderly
	40	HIST	522 506	Crime Stories		NCIS "See No Evil"		Sea Hunters		Cities of the Underworld		Sandhogs
	41	COM	626 547	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Lewis Black
	43	SPACE	627 528	Torchwood "Sleeper"		(8:05) Destination Truth (N)		Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	44	WPCH	294 650	(6) Star Trek: Insurrection		Fresh Prince	Seinfeld	Family Guy	Family Guy	Star Trek: Insurrection ★★ (1998)		Bounty Hunter
	46	OLN	411 457	Mantracker		Dog the Bounty Hunter		Survivorman				
	48	TROP	619 525	What Happen?	What Happen?	Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy
	50	STAR	621 527	Living the Life	Look-A-Like	The Tonight Show-Jay Leno		TMZ	etalk	The View (HDTV)		Ellen Show
	52	HGTV	600 564	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes on Homes		Sarah's House	Design Inc.	Pure Design
	65	TLN	700 800	Nati Ieri		Raymond	Raymond	George Lopez	George Lopez	The Sopranos (SS)		David Rocco
	92	APTN	269 350	Wings-Canada	Storytellers	Wapos Bay	Cashing In	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall	Moccasin Flats
	93	VISION	261 394	Quantum Leap		I Prophecy	Supernatural	Poltergeist: The Legacy		Born Free ★★★ (1966, Docudrama)		
	100	MTV	581 566	From G's to Gents		From G's to Gents		MTV Live	After	Fantasy Fact.	Nitro Circus	G's to Gents
	101	MM	570 580	Paris Hilton's British Friend		Degrassi: TNG	Instant Star	The Shift		Redemption	Redemption	Technical Diff.
	102	CPAC	512 396	(6:30) Primetime Politics			Revue	Question Period		Prime.-Politics	Primetime Politics	
	103	VIVA	526 507	Missing		Encounters	In Dreams	Psychic Inv.	Encounters	Judging Amy		Missing
	106	RDI	126 730	Le Téléjournal (SC)		RDI en direct		Le National		Le Journal RDI	Le National	Le Téléjournal

critics'corner

Law & Order: Special Victims Unit

An investigation by Detectives Benson and Stabler into three murders leads them to a strip club owned by former Rockette Birdie Sulloway. Birdie and her nephew, Chet, try to help with the case, but the detectives soon discover a vigilante with a violent past in the new episode "Ballerina." 8 PM on CFRN; 11 PM on KHQ

NCIS

Not all the sparring is in the ring as NCIS Director Leon Vance “borrows” Gibbs’ team for an investigation into the murder of a boxer who was a friend, prompting Gibbs to dig for more information on Vance’s past in the new episode “Knockout”. 9 PM on KREM CITV; 11 PM on KHQ

The Mentalist

Patrick usually relies on his uncanny powers of observation to help crack a case, but after he loses his sight in an explosion, he is forced to rely on his other senses to help him solve the murder of a financial adviser in the new episode “Bloodshot.” 10 PM on KREM



Liz Hurley's marriage is under strain, femalefirst.co.uk reports. The model-and-actress' husband Arun Nayar — whom she wed two years ago — is reportedly frustrated with her refusal to compromise on any joint decisions. **METRO NEWS SERVICES**

Hurley's marriage at risk?

Celebrity Buzz

Spellings wage book battle

PEOPLE Tori Spelling and her mother, Candy Spelling, are at it again.

The famously feuding pair are reportedly taking their fight to the publishing world, as both have book projects set to come out in the coming weeks.

A source tells the New York Post that St. Martin's Press moved the release of Candy's *Stories from Candyland* book up from April 14 to March 31, after hearing the publication date for Tori's book was moved to April 14.

METRO NEWS SERVICES

Drew, Justin play tonsil hockey?

RELATIONSHIP Drew Barrymore and her on-again, off-again beau, Justin Long, may very well be on again.

The *He's Just Not That Into You* co-stars were spotted playing tonsil hockey over the weekend at a Hollywood hotspot, according to Page Six.

"Drew and Justin were at Bar Marmont, drinking beers and making out at a corner table," an eyewitness says. "They left together around 11."

METRO NEWS SERVICES

Hot pants land Lady GaGa in hot water

PEOPLE Lady GaGa is in trouble with police over her skimpy outfits, femalefirst.co.uk reports.

The singer — who is famous for her outrageous and revealing



ensembles — keeps getting stopped by officers who believe her flesh-flashing clothes could offend members of the public.

The blond beauty was recently

stopped in Chicago while she was wearing a pair of tiny hotpants, the website says.

The singer explained: "I guess they weren't really pants at all. But it was really funny because all you saw was this half-naked

girl on the street yelling at some cop, 'It's fashion! I'm an artist!' It was fun."

She said: "It's not that I don't like pants, I just choose not to wear them some days. I think no-pants is sexy."

METRO NEWS SERVICES

Britney on short leash

PEOPLE Britney Spears has been ordered to read the Bible for an hour a day, femalefirst.co.uk reports.

The *Womanizer* singer's father Jamie — who as co-conservator of her estate has full control of Spear's affairs — has issued the star with a string of rules to ensure she doesn't go off the rails on her *The Circus* tour.

A source said: "Jamie is determined nothing can go wrong with Britney's comeback. He's



making sure she reads the Bible for at least an hour during her quiet time before she goes on stage and has banned her from using the Internet. He is even monitoring what she eats by insisting on none of her beloved junk food on the rider.

"He's stopping her from leaving her hotel unless accompanied by a security guard and

even though she gets on much better with her ex-husband, Kevin Federline, she isn't allowed to speak to him without Jamie or her manager there."

Despite Jamie's strict orders, it seems as if his daughter has already found a way to flout his rules.

Fans at her show in New York last week reported that the 27-year-old star had a roll of fat hanging over her skimpy belly-dancer costume.

One fan said: "Britney moves around loads on stage but she's clearly carrying extra weight — perhaps someone should think about altering her costumes."

METRO NEWS SERVICES

Lindsay off the hook

LEGAL An arrest warrant for actress Lindsay Lohan was quashed yesterday after a Beverly Hills judge ruled she had not violated her probation for a 2007 drunken driving conviction.

The \$50,000 US warrant was issued by the Beverly Hills Superior Court late Friday, but Lohan's lawyer said over the weekend it stemmed from a misunderstanding.

Lohan, 22, spent 84 minutes behind bars in November

2007 for a drunken driving and cocaine possession conviction after two arrests earlier that year.

The actress was also ordered to enroll in an alcohol education program.

Lohan's lawyer submitted proof of the actress's compliance with the order at yesterday's brief hearing and the Beverly Hills Superior Court quashed the arrest warrant.

Lohan did not attend the hearing. **REUTERS**



Jen the next Bond girl?

CAREER Jennifer Aniston is being considered for a role in the next James Bond film, femalefirst.co.uk reports.

The 40-year-old actress — who recently expressed an interest in appearing in the British spy film franchise — is set to be offered a screen test for the follow up to *Quantum of Solace*, which will star Daniel Craig as James Bond.

A source at EON, the production company which makes the James Bond films, said: "Jennifer has

all the qualities we are looking for in a Bond girl. She has to be beautiful but she also needs to have brains.

"It helps if she's athletic and able to keep up with intense stunt work a Bond movie demands," the source added. "It is likely she'll be called in to meet producers Barbara Broc-

coli and Michael G. Wilson soon."

Aniston previously said of her Bond aspirations: "I get offered funny, quirky, pretty roles. But I'd love to do an action movie. James Bond — glamour. Daniel Craig. S—tloads of fun."



METRO NEWS SERVICES

Growing old hard on the body: Matt

PEOPLE Matt Damon struggles to cope with filming action scenes now that he is getting older, femalefirst.co.uk reports.

The actor says he hopes to shoot a fourth movie in the *Bourne* series, but admits he finds it harder to recover from filming physical stunts.

He said: "We're working on *Bourne 4* ... When I did the

first movie, I was 29 years old. I am 37 now, and after a tough fighting scene, the next day you wake up and feel your body more. That's just the way it is."

METRO NEWS SERVICES



Gisele brings Tom home

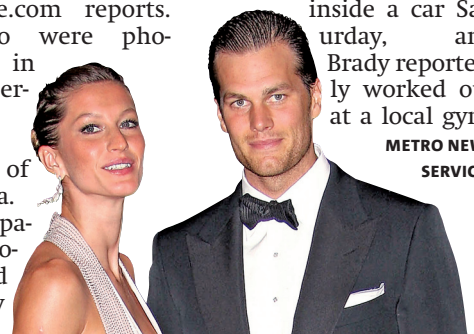
PEOPLE Gisele Bündchen brought husband Tom Brady home to visit her family over the weekend, usmagazine.com reports.

The two were photographed in the super-model's Brazilian hometown of Horizontina. Local newspaper *Zero Hora* reported that they

were there for her grandfather's 83rd birthday.

The newlyweds were snapped eating ice cream inside a car Saturday, and Brady reportedly worked out at a local gym.

METRO NEWS SERVICES



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SALES AGENT POSITIONS AVAILABLE

Today
Mostly cloudy
-6 °C / -17 °C

Wednesday
Mostly cloudy
1 °C / -14 °C

Thursday
Clouds, snow
0 °C / -10 °C



Michele McDougall, Weather Specialist & Host – Breakfast Television
 “My favourite part is reporting the weather. It fascinates me, and as we know around here, it’s always changing, keeping forecasters on their toes.” **WEEKDAYS AT 6 A.M.**

Take Five

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16					17		
				18					19	20		
21	22	23					24					
25					26	27					28	29
30					31					32		
33				34						35		
			36					37				
38	39					40	41					
42					43	44				45	46	47
48					49					50		
51					52					53		

Crossword across

- | | |
|-----------------------------|---------------------------|
| 1 River through Kazakhstan | 32 Id partner |
| 5 Early birds? | 33 Group of symptoms |
| 9 Turf | 35 Slender |
| 12 Creche trio | 36 Ogled |
| 13 Ship-building wood | 37 Diver’s worry |
| 14 Before | 38 Flood protection |
| 15 Without flexibility | 40 Hearty drink |
| 17 Moving truck | 42 Rage |
| 18 Lingerie items | 43 Niihau nut |
| 19 Fisher or Richardson | 48 Evergreen variety |
| 21 Intolerant one | 49 Blueprint |
| 24 “Death in Venice” author | 50 Ripped |
| 25 Responsibility | 51 Supplement, with “out” |
| 26 Appeased | 52 Have an inclination |
| 30 Schuss | 53 Actor McGregor |
| 31 Neaten eyebrows | |

Crossword down

- | | |
|--------------------------|------------------------------|
| 1 Actress Thurman | 26 Trudge |
| 2 “Awesome, dude!” | 27 Abner’s old radio partner |
| 3 Khan title | 28 “Zounds!” |
| 4 Bellies up to the bar? | 29 Dresses in |
| 5 Sicilian spouter | 31 Bump a TV episode |
| 6 Obtains | 34 Colouring agent |
| 7 Cowgirl, maybe | 35 Emissary |
| 8 Seize an airplane | 37 Auction action |
| 9 Girls’ magazine | 38 Biography |
| 10 Exam format | 39 Estrada or Satie |
| 11 Say it ain’t so | 40 Read cursorily |
| 16 Illustrations | 41 Magic stick |
| 20 — budget | 44 Pub order |
| 21 Employer | 45 Tend the lawn |
| 22 Black | 46 A Gershwin brother |
| 23 Camelot female | 47 Massachusetts cape |
| 24 Spiked club | |

PREVIOUS DAY’S CROSSWORD AND SUDOKU ANSWERS:

A	W	E	S		C	U	B		D	U	S	T
S	E	A	H	O	R	S	E		O	S	L	O
P	E	R	U	V	I	A	N		R	E	A	M
			T	U	B		S	L	E	D	G	E
A	L	B	U	M		S	H	A	M			
C	O	O	P		S	H	A	V	I	A	N	
E	L	L		A	L	O	H	A		L	E	E
			L	A	T	V	I	A	N		C	A
			S	E	C	T				T	A	S
A	M	P	E	R	E		F	O	R			
R	I	O	T		D	I	L	U	V	I	A	N
I	L	L	S		U	N	I	T	E	D	L	I
A	L	O	E		P	A	P		D	A	L	E

3	4	8	6	7	2	1	9	5
5	2	9	3	4	1	7	8	6
1	7	6	8	9	5	4	2	3
8	9	5	4	2	3	6	1	7
7	6	4	1	8	9	5	3	2
2	1	3	7	5	6	9	4	8
4	5	1	2	6	8	3	7	9
6	8	7	9	3	4	2	5	1
9	3	2	5	1	7	8	6	4

Find today’s answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	21-25 min	Not bad
13-17 min	25+ min	Keep practising

Metro Recipe of the Day



Balsamic Baked Tomatoes and Parmesan Crumbs

- INGREDIENTS:**
 4 large tomatoes
 1/2 tsp (2 ml) salt
 2 slices whole-wheat bread
 3 tbsp (45 ml) parmesan cheese
 1 tsp (5 ml) olive oil
 1/3 cup (75 ml) balsamic vinegar
 2 tbsp (25 ml) light brown sugar
 2 tbsp (25 ml) water

- METHOD:**
 1. Preheat the oven to 400°F (200°C). Core tomatoes and cut in half horizontally. Place tomatoes, cut-side up, in ceramic or glass baking dish large enough to hold them in a single layer. Sprinkle tomato halves with salt.
 2. Place bread in food

processor and pulse to fine crumbs. Combine crumbs, Parmesan and oil in small bowl. Sprinkle tomatoes with crumb mixture.
 3. Bake, uncovered, until topping begins to brown and tomatoes are heated through, about 25 minutes.
 4. Meanwhile, combine balsamic vinegar, brown sugar and water in small skillet. Bring to boil over high heat and cook until syrupy, about 3 minutes. Drizzle over baked tomatoes.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
 Don't give in to anyone's pleading. A brat pretends that all is well. You can trust a daring truth-teller.



TAURUS
APRIL 21-MAY 21
 Grab a new opportunity as soon as it's presented. Open the door to a happy-go-lucky person. Get the most for your money when shopping.



GEMINI
MAY 22-JUNE 21
 Avoid self-indulgence or suffer the consequences. Tell someone that words can be weapons. Excitement happens in a relationship.



CANCER
JUNE 22-JULY 22
 Nothing will happen regarding a decision. Poor digestion interferes with sleep. A trusted friend decides to let work wait.



LEO
JULY 23-AUG 23
 A hard-hearted employer just won't get it. A swindler makes demands about money. A lazy girl's careless words lead to grief.



VIRGO
AUG 24-SEPT 22
 A hard-worker has a chance to improve circumstances. Friends are accused of not listening. Conquest of weakness comes after delusion.



LIBRA
SEPT 23-OCT 23
 A defender won't admit hearing evidence. The world still turns despite outrageous melodrama. A woman's indifference rids the area of impolite actions.



SCORPIO
OCT 24-NOV 22
 An energetic man grabs the reins of power. Serious entertainment won't appeal to you. Try to deter the mastermind of a crisis.



SAGITTARIUS
NOV 23-DEC 21
 A refusal to socialize seems scandalous. You'll get busy at a crucial time. There'll be joy when a decision is made.



CAPRICORN
DEC 22-JAN 20
 A happy couple gossips about their intentions. Someone criticizes your dismissal of a suggestion. Little is accomplished if you rant and rave.



AQUARIUS
JAN 21-FEB 18
 It might be an exhilarating day. Unleash the force of your visionary aptitude. Fascinate someone with your astonishing tales.



PISCES
FEB 19-MARCH 20
 You'll be rewarded for your skills. Brighten a dull day with a fun companion. Sort out the turmoil after an embarrassing spat.



This day in history

MARCH 17, 1756: St. Patrick's Day is celebrated in New York City for the first time (at the Crown and Thistle Tavern).
MARCH 17, 1805: The Italian Republic, with Napoleon as president, becomes the Kingdom of Italy, with Napoleon as King.
MARCH 17, 1950: University of California, Berkeley researchers announce the creation of element 98, which they name Californium.
MARCH 17, 2008: New York State Governor Eliot Spitzer resigns after a scandal involving a high-end prostitute. David Paterson becomes acting New York State governor.

METRO NEWS SERVICES

WORDY GURDY®

BY TRICKY RICKY KANE

1. Sorrowful cry of someone canonized (1)
 2. Lightly stroke flab (1)
 3. Lawn for a Catholic service (1)
 4. More ashen man like Popeye (2)
 5. Singer Shore's chatty birds (2)
 6. Bright red Hollywood hopeful (2)
 7. Burger turner's bedroom footwear (2)

ANSWERS:
 1. SAINT PLAIN 2. PAT FAT 3. MASS GRASS 4. PALER SAILOR
 5. DINAHS MYNARS 6. SCARLET STARLET 7. FLIPPERS SLIPPERS

3-17-09

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<p>TUE 17</p> <p>SAVE \$130*</p> <p>DELL™ S2409W 24" 16:9 FHD WIDESCREEN FLAT PANEL LCD MONITOR WITH HDMI</p> <p>With stunning detail and clarity, this high-definition LCD monitor is ideal for multimedia entertainment, gaming and productivity.</p> <p>\$249.99* SAVE \$130* regularly \$379.99</p> <p>Offer available for March 17, 2009 only.</p> <p>TUESDAY'S FEATURED DEAL</p>	<p>WED 18</p> <p>SAVE \$350*</p> <p>DELL STUDIO™ DESKTOP</p> <p>The STUDIO desktop boasts a stylish design with state-of-the-art technologies that can be customized to fit your lifestyle.</p> <p>\$999* SAVE \$350* regularly \$1349</p> <p>or as low as \$26/mo.^Δ E-Value™ Code: 80003-CHSDWK7*</p> <ul style="list-style-type: none">• Intel® Core™2 Quad Processor Q8200• Genuine Windows Vista Home Premium, SP1 (64-Bit)• 8GB Memory*; 1TB* Hard Drive• 24" Full HD 1080p 16:9 Widescreen Flat Panel Monitor (S2409W)• ATI Radeon® HD 3450 (256MB) Graphics Card* supporting HDMI• 16-in-1 Media Card Reader• Dual layer 16X DVD Burner* <p>RECOMMENDED UPGRADES:</p> <ul style="list-style-type: none">• Microsoft® Office Home and Student 2007 for \$159*• Blu-ray Disc™ Combo Drive (Reads BD and Writes to DVD/CD)* for \$150* <p>Offer available for March 18, 2009 only.</p> <p>WEDNESDAY'S FEATURED DEAL</p>	<p>THU 19</p> <p>SAVE \$220*</p> <p>NEW DELL INSPIRON™ 1545 LAPTOP</p> <p>This new 15.6" laptop gives you the everyday features you need, all at a great value.</p> <p>\$579* SAVE \$220* regularly \$799</p> <p>or as low as \$15/mo.^Δ E-Value Code: 80003-CH15WK7*</p> <ul style="list-style-type: none">• Intel® Pentium® Dual-Core Processor T4200• Genuine Windows Vista® Home Premium, SP1• 3GB Memory*, 250GB* Hard Drive• Dual-Layer 8X DVD Burner*• Dell Wireless-G Mini-Card <p>RECOMMENDED UPGRADE:</p> <ul style="list-style-type: none">• Microsoft® Office Home and Student 2007 for \$159* <p>Offer available for March 19, 2009 only.</p> <p>THURSDAY'S FEATURED DEAL</p>
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